

03-07-02

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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant: Stearns

Filed: 03/05/02

Title: EXERCISE METHODS AND APPARATUS

10971 U.S. PTO

10/092371



03/05/02

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Mark A. Krull  
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TRANSMITTAL SHEET

Box Patent Application  
U.S. Patent & Trademark Office  
Arlington, VAA 22202-2327

Dear Sir:

The following items are enclosed:

1. Patent Application for EXERCISE METHODS AND APPARATUS, including:
  - 46 pages of specification
  - 25 claims (3 independent)
  - 21 sheets of drawings
  - 1 page of Abstract
2. Return Postcard

Respectfully submitted,

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